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## The Effects of Sleep Behavior and Physical Exercise on Menstrual Conditions in Female Students: Case study on Srinakharinwirot University, Ongkharak Campus

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The objective of this research was to study the effects of sleep behavior and physical exercise on menstrual conditions in female students at Srinakharinwirot University, Ongkharak Campus. The cross-sectional survey designed for determined sleep behavior, physical exercise activities, and menstrual conditions in 132 female undergraduate students-sample size with using accidental sampling. Data were collected through a questionnaire covering sleep behavior, exercise habits, and characteristics of menstrual conditions. The questionnaire was validated for content accuracy with index of item objective congruence (IOC). The statistical analysis with Chi-square test, Continuity Correction and Fisher's Exact Test for confirmed the results revealed that female students with insufficient sleep behavior (less than 6 hours per night) and sedentary habits (no exercise or less than 30 minutes per week) were affected by various irregular menstrual conditions more than another group with sufficient sleep and more exercise lifestyle at significant level of 0.05.

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